



NORTH CAROLINA'S POLICE OFFICER PHYSICAL ABILITY TEST **(POPAT)**

1. Applicant is seat-belted in the driver's seat of vehicle with hands on steering wheel and is given two (2) street names.
2. On the instructor's command of "Go" the timed event begins.
3. Applicant removes seatbelt and exits the vehicle.
4. Applicant runs 100 yards and returns 100 yards to the front passenger's side door of vehicle.
5. Applicant opens the vehicle door, removes seat-belted passenger from vehicle and drags subject 50 feet to staircase placing the subject on ground. (Body drag must be done walking backwards while grasping subject under both arms.)
6. Applicant will then scale and circle staircase 3 times, touching every step traveling up and down.
7. Applicant runs from staircase (25 feet) to a 50 pound weighted door.
8. Applicant pushes through the door using the entire side of body.
9. Once through the door, applicant will drop to the ground and perform 20 military style push-ups and sit-ups.
10. Applicant runs back to the staircase to scale and circle the staircase 3 times, touching every step traveling up and down.
11. Applicant runs from staircase (25 feet) to a culvert and crawls through the culvert.
12. Once out of the culvert, applicant will drop to the ground and perform 20 military style push-ups and sit-ups.
13. Applicant will then run 100 yards and return 100 yards to the passenger's side of vehicle where a subject is standing next to the vehicle.
14. Applicant will grasp and drag subject 50 feet to staircase, placing subject on ground.
15. Applicant must recite the two (2) street names provided at the beginning of the test precisely in the order they were given.
16. Time is stopped.

The test is to be completed in 7:20 or less to pass.